



**MAYOR STEVEN M. FULOP
THE JERSEY CITY MUNICIPAL COUNCIL
AND THE
DEPARTMENT OF RECREATION
PRESENT**



ADULT OUTDOOR FITNESS CLASS

**PROPER ATTIRE REQUIRED
(EX: EXERCISE CLOTHING AND SNEAKERS)**

HELEN CLARK, INSTRUCTOR

PERSHING FIELD PARK TRACK

Thursdays at 6:00 p.m.

Walk/Run Training

Get in shape for 5K races

Begins in Mid March – (Weather Permitting)

**For Further Information Please Contact
Helen at 201-920-6649 or visit jerseycitynj.gov.**

 **City of Jersey City Official Government Page**

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